

## 5. Fear Eye

- **Ocular Inspection and Diagnosis:** Fear eye (Addendum Figure 11) is also called Kidney eye. Fear and shock fit into the same category. Fear eye can be seen when someone gets attacked by serious illness, injuries or emotional and physical abuse. Fear eye affects the kidney and bladder and vice versa. The key factor of Kidney eye is that it also presents with a significant sign of black with gray texture around the entire conjunctival area. Qi and Blood have been deprived due to all evil pathologic factors. People who suffer with Fear eye have associated kidney and bladder problems which sometimes are brought on by dangerous situations. Special care is very much considered in Fear eye.



**Addendum Figure 11 Fear Eye**



**Addendum Figure 12 Capillary Changes on Fear Eye**

When the kidney accumulates too many cold elements, the eye loses its important supplies of warm Qi, good circulation of blood and fluid for its muscles, vessels and skin around the eye, thus resulting in vision loss, blurred vision, floaters and flashers, myopia and other degradations of visual acuity. It also affects bladder, ears, bones, hair and vital energy. When cold invades the eye, symptoms include black and purple tongue with yellow coat, salty taste in mouth, dark or burning urination and constipation.

Fear eyes can be seen in all ages. When an adult or a child is in a fearful and shocking environment, he or she can experience overactive bladder dysfunction or uncontrolled urination or bed-wetting in children.

**Fear Eye Indicators:** Black eye with gray color covers Kidney/Bladder ocuzones (Addendum Figure 12). In many cases, there is a dew drop that appears at the KI/LI ocuzone. Many patients with this eye condition often complain about chills, headache, afternoon fever, nausea, diarrhea, fatigue, allergic reaction, tinnitus, joint pain, overactive bladder and lower back pain (possible kidney stones and kidney injury).

- **Ocular Treatment Methods:** MW, LW and KI/BL ocuzones (Addendum Figure 13). Also, UW with KI zones (Addendum Figure 14). Retain needles for 20 minutes; apply warm towel for 5 minutes and eye Tuina for 5 minutes, three sessions per week.
- **Preventive Measures:**
  1. Avoid overexposure to cold and dampness, especially in winter season, staying indoors when it is extremely cold and windy outside. The cold affects the eyes resulting in more painful eyes.
  2. Consume more black, blue and any dark colored foods and moderately spicy food; avoid sour, salty, and fried foods.
  3. Seek emotional support and join support groups.
  4. Avoid excessive alcohol and soft drinks that are high in sugar.
  5. Regular exercise is very helpful for persons with fear eye.